

# 50+ Better Together

# JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Congregate Meal Program</b> <b>(M–F) 11:30am–12:30pm</b> Free for ages 60+			<b>CENTER CLOSED</b> <b>in observance of the</b> <b>New Year's Holiday</b> <i>*All activities and groups canceled due to the winter holiday schedule.</i>	<b>Yoga at The Center</b> 11 am – 12 pm  <b>Feeling Fit Club</b> 1:30pm-2:30pm	<b>San Diego HIV Community Consortium</b> <b>Monthly Meeting</b> 11 am – 12 pm
4	5 <b>TEN: Transgender Elder Network:</b> 11am -12:30pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion</b> 7:30pm – 9 pm ( <b>ZOOM</b> )	6 <b><u>FOOD BANK</u></b> <b><u>8 AM - 10 AM</u></b>  <b>Game Day in the Center Library:</b> 12pm-3:30pm	7 <b>Shades of Color:</b> 12pm-1:30pm <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Aging Well With HIV:</b> 6:00pm-7:00pm <b>Men's Discussion:</b> 6pm-7:30pm	8 <b>Free Law Clinic:</b> 10am-12pm  <b>HIV+ Senior Discussion Group:</b> 12:30-1:30pm	9 <b>Lesbian Café</b> 10:30am-12:00 pm <b>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm	10 <b>Center Now Open Saturdays from:</b> 10 am - 4pm
11	12 <b>Trivia:</b> 10:30-11:30 am <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion</b> (In Person) 6–7:30pm	13 <b>Game Day in the Center Library:</b> 12pm-3:30pm  <b>Prostate Support (Zoom)</b> 6:30–8pm	14 <b>Ageless Art:</b> 1 pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Woman's Book Club</b> 5-6:30pm <b>Men's Discussion:</b> 6pm-7:30pm <b>Women's Coming Out:</b> 6-7:30pm ( <b>ZOOM</b> )	15 <b>Senior Drop-in</b> 12pm-1:30 pm	16 <b>Yoga:</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm <b>Movie Night and Conversation</b> 4:00pm-7:30pm	17 <b>CENTER CLOSED</b> <b>in observance of</b> <b>Martin Luther King Jr. Day</b>
18 	19 <b>CENTER CLOSED</b> <b>in observance of Martin Luther King Jr. Day</b> <i>*All activities and groups canceled due to the holiday schedule.</i>	20 <b>Game Day in the Center Library:</b> 12pm-3:30pm	21 <b>Lunch &amp; Learn</b> 12pm–1pm <b>Shades of Color:</b> 12pm-1:30pm <b>Ageless Art:</b> 1 pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 6pm-7:30pm	22 <b>Senior Drop-in</b> 12pm-1:30 pm	23 <b>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm <b>Lesbian Café</b> 4:30 pm-6:00 pm	24 <b>C.R.E.A.M. BALL</b> Doors open at 4 pm, with Legendary Statements and Speeches (LSS) beginning at 5 PM at The Center
25	26 <b>Trivia:</b> 10:30-11:30 am <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion</b> (In Person) 6–7:30pm	27 <b><u>SENIOR FOOD BANK</u></b> <b><u>1 PM – 3 PM</u></b> <b>Game Day:</b> 12–3:30pm <b>Sashay, You Play:</b> 5:30 pm – 7:30 pm <b>Prostate Support (Zoom)</b> 6:30–8pm	28 <b>Shades of Color:</b> 12pm-1:30pm <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 6pm-7:30pm <b>Women's Coming Out:</b> 6-7:30pm ( <b>ZOOM</b> )	29	30 <b>Yoga at The Center</b> 11 am – 12 pm  <b>Feeling Fit Club</b> 1:30pm-2:30pm	31 

San Diego LGBT Community Center, 3909 Centre St. San Diego CA 92103  
 For more information, contact: [seniors@thecentersd.org](mailto:seniors@thecentersd.org). (619) 692-2077 x147.

# January 2026

## Congregate Meal Program

**Monday through Friday, from 11:30am-12:30pm** (*Meal Reservations are required.*)

Join us for a free, nutritious lunch at The Center, served Monday through Friday from 11:30 am to 12:30 pm for adults ages 60 and older—made possible through the partnership of the County of San Diego, Jewish Family Service, and The Center. Reservations are required by 3:00 pm the day before by calling (858) 637-3230. Meals are also available for purchase for guests under 60. For more information, contact [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

## Movie Night and Community Conversation \* **Special Event** \*

**Friday, January 16, 2026, from 4:00 to 7:30 PM at The Center**

Join Black Services, Trans Services, and Women's Services for a powerful Community Movie Night & Conversation that invites reflection, learning, and collective accountability within LGBTQ+ spaces. We will screen *Come See Me in the Good Light*, a documentary by Andrea Gibson, as a starting point for an intentional conversation about solidarity, equity, and what it truly means for white community members to show up as comrades to BIPOC LGBTQ+ communities. Andrea Gibson speaks candidly about the historic centering of white queer narratives, and this evening intentionally broadens that lens by centering BIPOC voices while inviting white allies to practice accountability, active co-conspiracy, and community care. The screening and discussion will also serve as a moment to honor Andrea Gibson's life and legacy. This free event takes place in The Center's Auditorium, with snacks provided. For more information, contact [blackservices@thecentersd.org](mailto:blackservices@thecentersd.org).

## Lunch & Learn: "Gentle Breathwork and Mindful Self-Care for the New Year"

**Wednesday, January 17, 2025, from 12:00 PM to 1:00 PM \* **IN PERSON at The Center!** \***



Start the new year by slowing down and reconnecting with what truly matters. This January Senior Lunch and Learn will introduce participants to gentle breathwork, mindfulness, and authentic self-care practices designed to support overall wellbeing in real, everyday life. Led by Shannon Curry of Collectively Well, this session will explore simple, accessible tools for reducing stress, strengthening the mind-body connection, and cultivating calm during times of change. Rooted in trauma-informed breathwork, mindfulness, and restorative practices, the presentation offers a welcoming introduction to ways we can care for ourselves with intention, compassion, and balance as we move into the new year. **Lunch provided.**

## TEN: Transgender Elder Network \* **New Group** \*

**First Monday of each month from 11:00 am to 12:30 pm at The Center**

Join us in a space to connect older individuals in the transgender and nonbinary community and strengthen the bond between transgender and cisgender older adults. Care partners, friends, and LGB allies are welcome. For more information on the group, please contact [trans@thecentersd.org](mailto:trans@thecentersd.org).

## International Westcoast 2nd Annual C.R.E.A.M. Ball at The Center \* **Special Event** \*

**Saturday, January 24, 2026 - Doors open at 4 PM, with Legendary Statements and Speeches (LSS) beginning at 5 PM**

Join us for the International Westcoast 2nd Annual C.R.E.A.M. Ball, a vibrant celebration of ballroom culture, creativity, and community pride. Presented by International Westcoast Mother Queen Staxx Ebony in collaboration with Black Services at The Center, this dynamic event honors Culture, Realness, Entertainment, Artistry, and Movement through iconic ballroom categories, high-energy performances, and community connection. The evening will feature music by Legendary DJ Tone 007, commentary from Icon Jamari Marc Jacobs and Torie Balmain, and videography by Jay Garcon 007. Come celebrate the artistry, history, and power of ballroom culture in San Diego. For more information, visit: <https://www.youtube.com/watch?v=mhNst-CBsN4>

*The 50+ & Better Together Senior Services Program at The Center is funded in part by SCAN Health Plan. One of the nation's largest not-for-profit Medicare Advantage plans, SCAN is dedicated to keeping seniors healthy and independent.*